

Measles

Unvaccinated students in universities are at increased risk of Measles infection because of common shared spaces like residence halls & classrooms. Measles virus spreads thru the air when an infected person coughs or sneezes, and it can remain airborne for up to 2 hours after an infected person leaves the room. It is the most contagious virus on Earth—if one person has measles, up **to 9 out of 10** unprotected people exposed may become infected.

Measles symptoms appear **7 to 14 days** after contact with the virus, typically beginning with:

- High fever (may spike to more than 104°)
- Red, watery eyes
- Cough
- Runny nose
- Tiny white spots may appear inside the mouth

3–5 days after symptoms begin: measles rash

Measles rash appears **3 to 5 days** after the first symptoms. It usually begins as flat red spots that appear on the face at the hairline. They then spread downward to the neck, trunk, arms, legs, and feet. When the rash appears, a person's fever may spike to more than 104° Fahrenheit.

People with Measles are contagious from **4 days before** the rash appears, until **4 days after** it emerges

Measles Complications:

Some people may suffer from severe complications, such as pneumonia (infection of the lungs) and encephalitis (swelling of the brain). About 1 in 5 UNVACCINATED people who get Measles will be hospitalized

Prevention

Measles is preventable thru vaccination. The MMR vaccine is safe, and highly effective at preventing Measles – around 97% effective in people who have had 2 doses of the vaccine. The MMR vaccine is routinely given in 2 doses in childhood, but it is not harmful to receive another dose if you are unsure of your vaccination status

After Exposure to Measles

People that are exposed to Measles will be required to provide proof of immunity to the Shelby County Health Department in order to avoid a mandatory **21 day** quarantine period. Persons without documented immunity who receive a dose of the MMR vaccine within 72 hours of exposure may not be required to quarantine.

If you are experiencing signs of Measles, or have been exposed, **STAY HOME AND AWAY FROM OTHERS**. You may contact the Health Center at 901-678-2287 for guidance and further instructions.